



**FOUR
SIMPLE
STEPS
TO
FOOD
SAFETY**

Right now, there is an invisible enemy in your kitchen.

He's called BAC(teria) and he can make you and your family sick.

In fact, even though you can't see or smell BAC, he and millions more like him may be preparing to invade your food.

But you have the power to **Fight BAC** and to keep your food safe from harmful bacteria. It's as easy as following these four simple steps:



CLEAN

Wash hands and surfaces often

Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, sponges and countertops.

Here's how to *Fight BAC!*:

- Wash your hands with hot soapy water before handling food and after using the bathroom, blowing your nose, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils and countertops with hot soapy water after preparing each food item.
- Use plastic or other non-porous cutting boards. These boards should be run through the dishwasher or washed in hot soapy water after each use.
- Consider using paper towels to clean kitchen surfaces. If you use dish cloths, wash them often in the hot cycle of your washing machine. Put sponges in the dishwasher to clean and disinfect.

CLEAN
Wash hands and surfaces often.



SEPARATE

Don't cross-contaminate

If raw meat, poultry and seafood are not kept separate from other foods, bacteria can "cross-contaminate" or spread from one food product to another.

Here's how to *Fight BAC!*:

- When grocery shopping, place raw meat, poultry and seafood in separate plastic bags to prevent juices from dripping onto other foods. Perishable foods should be selected last at the market.
- Wash hands, cutting boards, dishes and utensils with hot soapy water after they contact raw meat, poultry and seafood.
- Use a clean plate for cooked foods. Never place cooked food on a plate that previously held raw meat, poultry or seafood.

SEPARATE
Don't cross-contaminate.



COOK

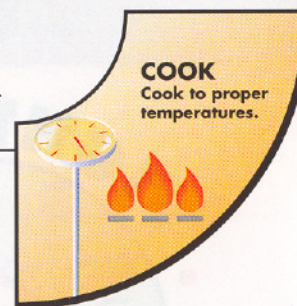
Cook to proper temperatures

Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that causes foodborne illness.

Here's how to *Fight BAC!*:

- Use a clean thermometer to measure the internal temperature of cooked food to make sure it is thoroughly done. (Use the cooking chart on the back of this brochure for proper temperatures.)
- Cook all ground meats, including ground beef patties to at least 160°F, or medium degree of doneness. Cook ground poultry to 165°F. If an instant-read thermometer is not available, check to make sure the center of the meat is not pink and juices show no pink color. Never eat raw or undercooked ground beef.

COOK
Cook to proper temperatures.



- Cook beef roasts and steaks to medium-rare degree of doneness or 145°F. The surface will be slightly browned and the interior a rose-pink color.
- Cook eggs until the yolk and white are firm. Do not use recipes that call for raw or partially cooked eggs. Do not eat raw cookie dough.
- Fish should be opaque and flake easily with a fork.
- When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. For best results, cover food, stir and rotate for even cooking. If there is no turntable in the microwave, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups, marinades and gravy to a boil when reheating. Heat other leftovers thoroughly to at least 165°F.

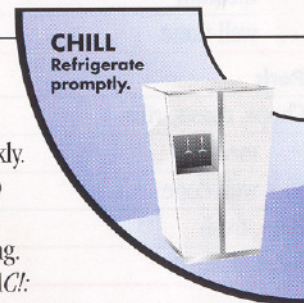
CHILL

Refrigerate promptly

Refrigerate foods quickly. Cold temperature keep harmful bacteria from growing and multiplying. Here's how to *Fight BAC!*:

- Set your refrigerator temperature at 40°F or lower and the freezer at 0°F or lower. Check these temperatures occasionally with a refrigerator/freezer thermometer.
- Thaw food in the refrigerator or in the microwave, but never at room temperature. Marinate foods in the refrigerator.
- Refrigerate or freeze perishables, prepared foods and leftovers (including carry-outs) within two hours; less time if the air temperature is warmer than 80°F.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must be able to circulate around the food.

CHILL
Refrigerate promptly.



Apply the **HEAT...** and **Fight BAC!**

Cooking food to the proper temperature kills harmful bacteria. So **Fight BAC!** by thoroughly cooking your food as follows:

RAW FOOD INTERNAL TEMPERATURE

Ground Products

Hamburger	160°F
Beef, veal, lamb, pork	160°F
Chicken, turkey	165°F

Beef, Veal, Lamb

Roasts & steaks

medium-rare	145°F
medium	160°F
well-done	170°F

Pork

Chops, roasts, ribs

medium	160°F
well-done	170°F

Ham, fresh	160°F
Sausage, fresh	160°F

Poultry

Chicken, whole & pieces	180°F
Duck	180°F
Turkey (unstuffed)	180°F
Whole	180°F
Breast	170°F
Dark meat	180°F
Stuffing (cooked separately)	165°F

Eggs

Fried, poached	Yolk & white are firm
Casseroles	160°F
Sauces, custards	160°F

This chart has been adapted for home use and is consistent with consumer guidelines from the U.S. Department of Agriculture (USDA) and U.S. Food & Drug Administration (FDA).



Formed in 1996, the Partnership for Food Safety Education is a broad-based coalition of industry, government and consumer groups committed to reducing the risk of foodborne illness by educating the public about safe food handling and preparation.

The National Cattlemen's Beef Association is one of six original industry partners. Together with the millions of dollars expended annually on research and technology, the industry's on-going support of the Partnership for Food Safety Education is consistent with the farm-to-fork commitment to ensure that consumers enjoy a safe, quality beef product.

For additional information about safe food handling and preparation, contact your state beef council, the USDA's Meat and Poultry Hotline (1-800-535-4355), or the following websites:

www.beef.org
www.fightbac.org



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